

HEARTY HEALTH ASIAN

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COOKBOOK



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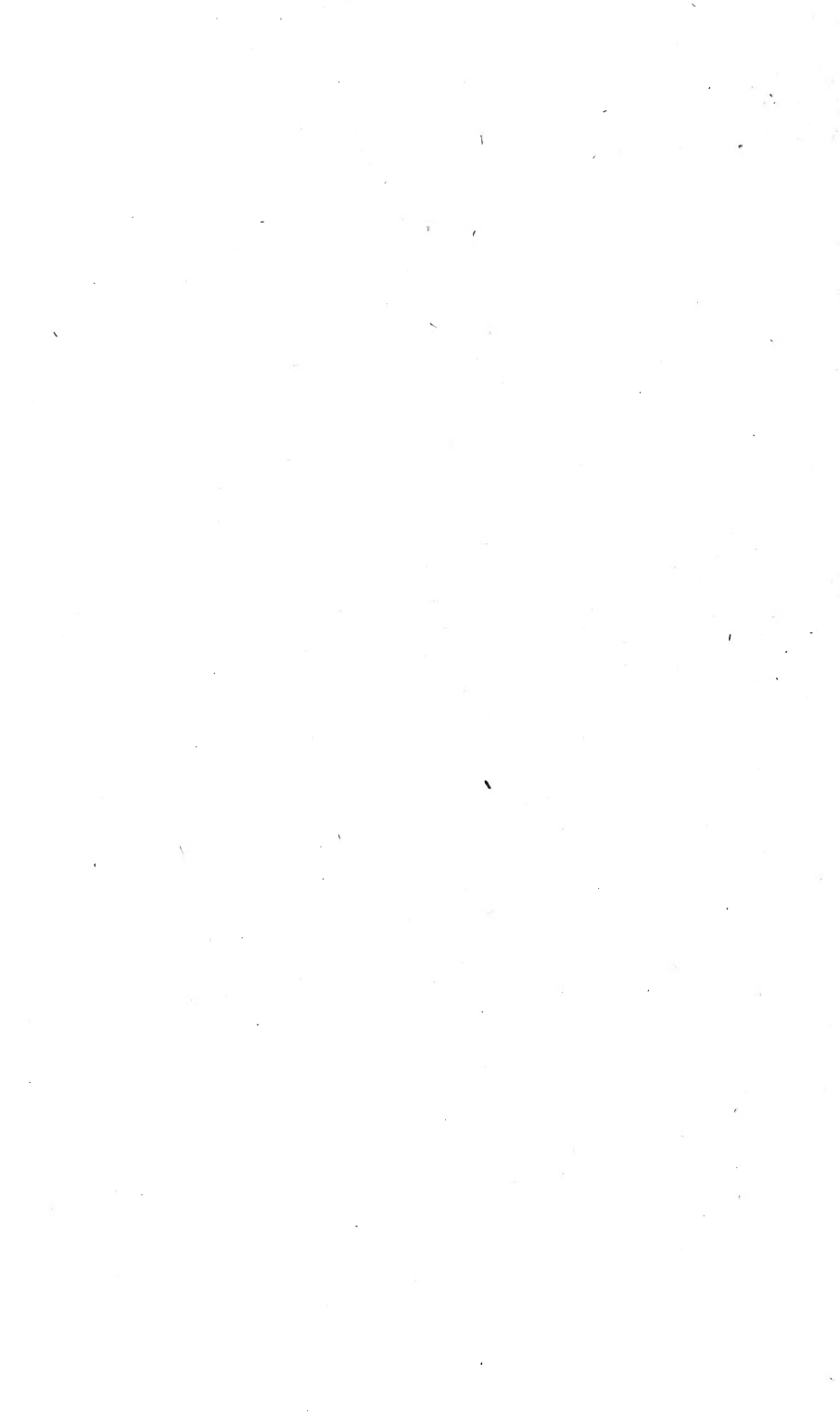


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A C K N O W L E D G E M E N T S

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Cambodia	Kathy Miles
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DISCLAIMER

The recipes in this cookbook were submitted by individuals representing several Asian countries. However, the dietitian, recipe contributors, editors project staff and printer make no warranty on representation expressed or implied with regard to the accuracy or completeness of this cookbook nor will the same individuals assume any liability with respect to the use of this information or the damages that may result from the use of this cookbook.

RECIPES

INTRODUCTION

Americans, we have learned to adapt our traditional food preparations to the availability of special ethnic ingredients and modified to meet certain dietary restrictions. Each recipe has nutritional analysis information to use as a guide for a healthy diet. "Healthful Hints" gives general information on how to improve the nutritional content of the recipe and ways to reduce calories, fats, sodium and cholesterol.

We know that healthy eating contributes to healthy living. We are blessed with an appetite and taste buds and most of us eat for pleasure. However, when we eat too much or do not eat a "balanced" diet, we increase our risk for a lot of diseases. To be well nourished, a variety of foods eaten in moderation is essential. This can be accomplished by selecting a diet low in fat, especially saturated fat and cholesterol, eating more fruits, grains and vegetables, and using salt and sugar in moderation.

The following are the US. Dietary Guidelines developed by the US. Department of Agriculture and US. Department of Health and Human Services:

1. Eat a variety of foods.
2. Maintain a healthy weight.
3. Choose a diet low in fat, saturated fat and cholesterol.
4. Choose a diet with plenty of vegetables, fruits and grains.
5. Use sugar only in moderation.

6. Use salt (sodium chloride) only in moderation.
7. If you drink alcoholic beverages, do so in moderation.

Asian eating habits include a lot of foods high in fat like coconut, cream, oils, etc. It also contains foods high in sodium content as in fish sauce, soy sauce, fermented, smoked or the “traditional” way of food preparation. We are trying to substitute certain ingredients to a “healthier” way. Most recipes can be adjusted to reduce the cholesterol and fat content by substituting the proper ingredients for those, that are not allowed. The method of preparation may also need to be changed. Occasionally, some experimenting may be required to obtain a perfect product. Try to explore the closest possible substitute to an ingredient that you have always used all these years. It is not too late to change. Culture is learned so changing it can also be learned! Let us all aim for a healthier and modified way of eating and preparation of food!

SIMPLE WAYS TO MODIFY A RECIPE:

1. *To reduce cholesterol and fat content*
 - a. Select the leanest cuts of meat
 - b. Remove skin of chicken
 - c. Avoid using fats from animal sources
 - d. Serve moderate portion sizes
2. *To reduce calories*
 - a. Brown meats by broiling or cooking in a non-stick pans with little or no oil.
 - b. Use fresh fruits whenever possible. Fruits are generally low in calories.

- c. When making stew chill overnight and remove fat formed at the top of the container
- d. Remove all visible fat
- e. Remove skin from chicken. Trim off hanging fat from poultry
- f. Bake, broil, boil, and grill: These methods do not require fat added and drains fat too

3. *To Reduce Sodium Content*

- a. Use "lite" or "low sodium" soy sauce
- b. Season food with spices other than "Salt"
- c. Fish sauce contains 500 mg. of sodium per teaspoon; use in moderation

FOOD EXCHANGE

The reason for dividing food into six different groups is that foods vary in their carbohydrate, protein, fat and calorie content. Each exchange list contains food that are alike — each choice contains about the same amount of carbohydrate, protein, fat, and calories.

The six exchange lists help make your meal plan work. Foods are grouped together on a list because they are alike. Every food on the list has about the same amount of carbohydrate, protein, fat and calories. In the amounts listed, all the choices on each list are equal. Any food on a list can be exchanged or traded for any other food on the same list. The six lists are starch/bread, meat and meat substitutes, vegetables, fruit, milk, and fat.

The exchange lists provide a great variety of food choices. Following your meal plan will control the distribution of calories, carbohydrate, protein and fat throughout the day so that your food intake will be balanced.

RECIPE NAME:	DHAL RASAM (SOUP)
DESCRIPTION:	LENTIL SOUP
ORIGIN:	INDIA

Serving size:	Yield:
1 cup	6 servings

INGREDIENTS:

1/2 cup	Toru Dhal (Split Lentil)	1/2 tsp.	Tamarind
1 large	Tomato	6 cups	Water
1/2 tsp.	Black pepper	1 1/2 tsp.	Salt (to taste)
1/2 tsp.	Cumin	1 1/2tsp.	Margarine
3	Red chilies	1 tsp.	Black Mustard
1 clove	Garlic	1/4 cup	Coriander leaves
1 tsp.	Coriander powder		

PROCEDURE:

1. Boil water, add toru dhal and cook until well done.
2. Meanwhile, grind all the other ingredients in a blender.
3. Add all the ingredients to cooked dhal. Boil for 7 minutes.
4. In a small pan heat margarine, add mustard wait until it splatters.
5. Add it to soup (Rasam)
6. Garnish it with fresh coriander leaves.

Rasam can be served with hot cooked rice or a small cup of Rasam to drink will be a treat on cold evenings.

NUTRITIONAL INFORMATION PER SERVING:

CALORIES 38
FAT 1 g.
CHOLESTEROL 0 mg.
SODIUM 156 mg.

EACH SERVING MAY BE EXCHANGED FOR:

1/2 Starch / Bread
1/2 Vegetable

HEALTHFUL HINTS:

1. Excellent source of fiber.
2. Good source of protein and vitamin A.

RECIPE NAME:	LAOTIAN RICE SOUP
DESCRIPTION:	RICE SOUP
ORIGIN:	LAOS

Serving size:	Yield:
4 oz.	4 servings

INGREDIENTS:

1 cup	Regular rice	1 lb.	Chicken or pork
1 cup	Chopped green onion	1 cup	Chopped regular onion
1 cup	Chopped garlic	2 tbs.	Vegetable oil

PROCEDURE:

1. In a large pot place one gallon of water and cook until boil.
2. Add rice to cook.
3. Fry chopped garlic to brown with vegetable oil in a skillet.
4. Add chopped chicken or pork and stir-fry.
5. Add salt, pepper, chopped onion then bring to mix with cooked rice in the large pot.
6. Add spices to your taste.

NUTRITIONAL INFORMATION PER SERVING:

CALORIES254

FAT 1.7 gm.

CHOLESTEROL.....68 mg.

SODIUM 746 mg.

RECIPE NAME:	LAOTIAN STEAMED FISH
DESCRIPTION:	STEAMED FISH WITH SPICES
ORIGIN:	LAOS

Serving size:	Yield:
4 oz.	4 servings

INGREDIENTS:

1 whole Fish (your choice)	1 tbs. Fish sauce
1 tbs. Chopped onion	1 tbs. Chopped ginger root
1 tbs. Chopped garlic	1 cup Cilantro (optional)
1 tbs. Whole garlic pepper	

PROCEDURE:

1. Clean fish, add all the ingredients mentioned above for seasoning.
2. Set in the refrigerator for an hour to marinate it.
3. Add enough water and heat it until done.
4. Serve hot with glutinous rice.
5. Side dish with your favorite steamed vegetable.

NUTRITIONAL INFORMATION PER SERVING:

CALORIES	124
FAT	1.1 gm.
CHOLESTEROL	61 mg.
SODIUM	339 mg.

HEALTHFUL HINTS:

1. Fish is an excellent source of protein and minerals.
2. Steaming is a good method of cooking that does not use fat, therefore, lower in calories.

RECIPE NAME:	RICE DESSERT
ORIGIN:	LAOS

Serving size: Yield:
9 oz. 8 servings

INGREDIENTS:

2 lb. Glutinous rice	6 Eggs (see healthful hints)
1 lb. Sugar	16 oz. Coconut milk (see healthful hints)

PROCEDURE:

1. Soak rice into a large bowl with water for 2 to 4 hours.
2. Steam rice with rice steamer.
3. Bring 10 oz. of coconut milk to boil in a large skillet, add rice into it, reduce heat and continue to stir until coconut milk is evaporated.
4. Spread rice into a tray.
5. Prepare egg custard for rice topping.
6. Beat eggs in large bowl, add sugar, add coconut milk and then blend together until smooth.
7. Bring it to steam or to bake until it thickens and well done. Spread on the cooked rice.

NUTRITIONAL INFORMATION PER SERVING:

CALORIES	387
FAT	11.8 gm.
CHOLESTEROL	160 mg.
SODIUM	59 mg.

EACH SERVING MAY BE EXCHANGED FOR:

- 1 Meat exchange
- 1 Starch exchange
- 2 Fat exchanges

HEALTHFUL HINTS:

1. Use egg substitute in place of whole egg to reduce cholesterol content
2. Coconut milk can be diluted with skim milk to reduce fat content.

RECIPE NAME:	RICE PULAO
DESCRIPTION:	SPICY FRIED RICE
ORIGIN:	INDIA

Serving size:	Yield:
9 to 10 oz.	4 servings

INGREDIENTS:

8 oz.	Basmati rice	6 oz.	Shelled peas
2 cups	Water	1/4 tsp.	Garam Masala (mixture of spices powder)
1 tsp.	Salt	1/4 tsp.	Saffron
4 oz.	Carrots	1/2 tsp.	Chili Powder (Canola)
1	Green Pepper	4	Cloves
2	Ripe Tomatoes	1"	Cinnamon Bark
8 oz.	Cauliflower	1 1/2 tsp.	Salt
2 tbsp.	Oil for frying	1/4 cup	Onion

PROCEDURE:

1. Wash rice thoroughly under running cold water until water runs clear. Cover rice with water and partially boil. Drain and set aside.
2. Slice the onions, carrots and green pepper, cut tomato into quarters, break cauliflower into small flowerlets.
3. Heat oil in a pan and fry the onion until slightly brown.
4. Add the peas, carrots and tomato and simmer on a low heat for 15 minutes. Add green pepper, cauliflower, garam marsala, saffron, chili powder, cloves and cinnamon.
5. Simmer for another 15 minutes or until the vegetables are cooked.
Season with salt.

6. Using a large casserole dish, cover the bottom with half the cooked vegetables, then layer with half rice. Another layer of vegetables and rice topped with a last layer of vegetables.
7. Cover with foil and oven for 15 minutes at 350 degrees.
Garnish with fresh mint leaves.

NUTRITIONAL INFORMATION PER SERVING:

CALORIES 292
FAT 9.9 g.
CHOLESTEROL..... 0 mg.
SODIUM 555 mg.

EACH SERVING MAY BE EXCHANGED FOR:

2 Starch exchanges 2 vegetable exchanges
2 fat exchanges

HEALTHFUL HINTS:

1. Vegetables are good sources of fiber, vitamins and minerals.
2. Use "Low Sodium" (33% less sodium salt to reduce sodium content).

RECIPE NAME: STIR FRY CHINESE VEGETABLE
DESCRIPTION: STIR FRY VEGETABLE
ORIGIN: CHINA

Serving size:	Yield:
3 oz.	4 servings

INGREDIENTS:

2 oz.	Bok choy	2 oz.	Celery
1 oz.	Snow pea pods	2 oz.	Broccoli
1 oz.	Baby corn	1 oz.	Baby carrot
2 oz.	Water chestnut	1 oz.	Mushroom
	Oil for cooking		Seasoning
1 oz.	Vegetable oil		
8 oz.	Stir fry sauce (1 tbs. soy cause, 1 tbs. rice wine and 1 tbs. sugar)		

PROCEDURE:

In a wok, heat vegetable oil in medium high heat. Put all main ingredients in wok and stir fry for one minute, add stir fry sauce and toss for three minutes or until it is cooked.

NUTRITIONAL INFORMATION PER SERVING:

CALORIES	34
FAT	1 gm.
CHOLESTEROL	0 mg.
SODIUM	274 mg.

1. Stir frying is an excellent method of preparing a vegetable dish. Because of the short period of cooking time, the vitamins and minerals are retained in the food.

EACH SERVING MAY BE EXCHANGED FOR:

1 1/2 Vegetable exchange

HEALTHFUL HINTS:

1. Vegetables (if not overcooked) are excellent sources of fiber. Fiber is very important in our body's elimination process.
2. Use of "lite" or "low sodium" soy sauce will reduce the sodium content by 40%.
3. Sugar substitute can be used in place of regular sugar for diabetics.

RECIPE NAME:	CASSAVA CAKE
ORIGIN:	CAMBODIA

Serving size: Yield:
 2 oz. 20 servings

INGREDIENTS:

1 can	Condensed milk	2 - 1 lb.	Frozen Cassava package
1 lb.	Frozen coconut milk	2	Eggs
1/2 cup	Water	1/2 cup	Sugar
1/2 tsp.	Tapioca starch	1 tsp.	Vanilla extract

PROCEDURE:

1. Mix all the ingredients together well.
2. Pour into a non-stick cake mold.
3. Bake at 350 degrees for one half an hour.
4. Check to make sure cake is cooked.
5. Switch to boil for 5 minutes or until golden brown on top.
6. Cool it and cut into small pieces for servings.

NUTRITIONAL INFORMATION PER SERVING:

CALORIES 350
 FAT 7.5 gm.
 CHOLESTEROL 150 mg.

EACH SERVING MAY BE EXCHANGED FOR:

- 1 Starch exchange
- 2 Fat exchanges

HEALTHFUL HINTS:

1. Use egg substitute in place of egg to reduce cholesterol content.
2. Coconut milk can be diluted with skim milk to reduce fat content.

RECIPE NAME:	MANGO PIE
DESCRIPTION:	PIE MADE WITH MANGO FRUITS
ORIGIN:	INDIA

Serving size: Yield:

8 1/3 oz. (1/6 of a pie) 6 servings

INGREDIENTS:

1 can (18 oz.)	Mango pulp
3/4 cup	Sugar (Sugar Substitute)
8 oz.	Philadelphia (Lite) Cream Cheese
3/4 of 8 oz.	Cool Whip
8 oz.	Gelatin
1 cup	Graham Cracker Mix
1/4 cup	Butter or Margarine

PROCEDURE:

1. Mix mango pulp with Philadelphia cream cheese, sugar and Cool Whip and mix it well.
2. Make gelatin, and mix it with above ingredients.
3. Make the base with Graham cracker mix and butter.
4. Mix it well and spread it over a pie plate.
5. Pour the above ingredients into the mold and refrigerate before serving.

NUTRITIONAL INFORMATION PER SERVING:

CALORIES 340
 FAT 16.4 g.
 CHOLESTEROL 40 mg.
 SODIUM 116 mg.

HEALTHFUL HINTS:

This recipe is not recommended for diabetics. Modify by substituting "Sugar Substitute" for "Regular Sugar" and by using "Reduced calorie" cream cheese to enable diabetics to enjoy this pie.

RECIPE NAME:	SPICY LAOTIAN BEEF STEW
ORIGIN:	LAOS

Serving size: Yield:
6 oz. 6 servings

INGREDIENTS:

1 lb. Beef or pork
 Salt or Fish sauce
3 lb. Mixed vegetable of your choice
1 cup Hot chili pepper (optional)
1 cup Basil leaves
1 piece Lemon grass

PROCEDURE:

1. Slice meat into pieces and simmer in crockpot or cook slow.
2. Add all vegetables and ingredients into the pot.
3. Add salt or fish sauce to your taste.
4. Serve with rice.

NUTRITIONAL INFORMATION PER SERVING:

CALORIES202
FAT7.3 gm.
CHOLESTEROL.....35 mg.
SODIUM878 mg.

RECIPE NAME:	BISTEK PINOY
DESCRIPTION:	BEEFSTEAK FILIPINO STYLE
ORIGIN:	PHILIPPINES

Serving size:	Yield:
3 oz.	4 servings

INGREDIENTS:

1/2 lb.	Lean beef, thinly sliced
2 tbs.	Lemon juice
2 tbs.	Soy sauce
1/4 tsp.	Black pepper
4 tsp.	Corn oil
3 cups	Onion rings, sliced crosswise

PROCEDURE:

1. Slice beef thinly across the grain.
2. Marinate in lemon juice, soy sauce, and pepper for 1-2 hours.
3. Heat oil in a skillet and stir-fry onions until just brown. Set aside.
4. Drain marinated beef and stir-fry.
5. Pour marinade on beef; simmer in covered skillet until meat is tender.
6. Add a little water if needed to maintain about a cup of sauce.
7. Garnish with lemon wedge.

NUTRITIONAL INFORMATION PER SERVING:

CALORIES	205
FAT	8.5 gm.
CHOLESTEROL	64 gm.
SODIUM	222 mg.

EACH SERVING MAY BE EXCHANGED FOR:

- | | |
|-----------------------|----------------|
| 3 Lean meat exchanges | 1 Fat exchange |
| 1 Vegetable exchange | |

HEALTHFUL HINTS:

1. Use "Low Sodium" Soy sauce to reduce sodium content.
2. Trim off all visible fat from the beef to reduce fat content.

RECIPE NAME:	THAI BEEF SALAD
DESCRIPTION:	SPICED BEEF
ORIGIN:	THAILAND

Serving size:	Yield:
3 oz.	6 servings

INGREDIENTS:

450 gm.	Prime beef tenderloin	2 Cloves garlic
1/4 cup	Sugar	2 tsp. Soy sauce
2 tsp.	Fresh lime juice	1 tsp. fresh ground black pepper
2	Spring onions	6 fresh red chilies
2 tbs.	Vegetable leaves	1 lettuce leaf

PROCEDURE:

1. Cook the beef until medium rare or as preferred, and cut into small thin slices.
2. Pound together the garlic, 2 coriander leaves, sugar, soy sauce, lime juice, salt and ground pepper until smooth.
3. Heat the oil in a sauce pan and stir-fry the spice paste for three to five minutes.
4. Add the beef and cook for a further minute.
5. Remove the beef and allow to cool. Serving on a plate.
6. Then, sprinkle the chilies on top and garnish with the remaining coriander leaves.

NUTRITIONAL INFORMATION PER SERVING:

CALORIES 299
FAT 12.9 gm.
CHOLESTEROL 88 mg.
SODIUM 331 mg.

EACH SERVING MAY BE EXCHANGED FOR:

3 Meat exchanges 1 Vegetable exchange

HEALTHFUL HINTS:

1. Use lean beef to ensure a low fat product.
2. Use of "lite" soy sauce can reduce sodium content.

RECIPE NAME:	TINOLANG MANOK
DESCRIPTION:	CHICKEN BREAST STEW WITH GINGER
ORIGIN:	PHILIPPINES

Serving size:	Yield:
3 oz.	8 servings

INGREDIENTS:

1 tbs.	Garlic, minced	2 qt.	Low sodium broth, chicken flavor
3 tbs.	Small ginger, minced	1 pc.	Green papaya, medium or pear
3/4 cup	Medium onion, chopped vegetable (chayote), sliced		
2 tsp.	Oil	1 tsp.	Salt
2 lb.	Boneless, skinless chicken breast	1/4 lb.	Bok choy (pechay), stems and cut into serving pieces leaves
1 tsp.	Peppercorn		

PROCEDURE:

1. Saute garlic and onions in oil.
2. Add the chicken and peppercorn and simmer for 5 minutes.
3. Add the chicken broth and bring to a boil until the chicken is almost cooked.
4. Add papaya or pear vegetable and cook until tender.
5. Add salt to mixture.
6. Then, add bok choy.

NUTRITIONAL INFORMATION PER SERVING:

CALORIES	215
FAT	8.6 gm.
CHOLESTEROL	68 mg.
SODIUM	408 mg.

EACH SERVING MAY BE EXCHANGED FOR:

- | | |
|----------------------|---------------------|
| 1 Meat exchange | 1/2 Starch exchange |
| 1 Vegetable exchange | |

HEALTHFUL HINTS:

1. Always remove skin of chicken to reduce the fat/ cholesterol content.
2. Use of chicken breast in place of "dark meat" of chicken can reduce fat content and lower calories.
3. "Bok Choy" is an excellent source of Vitamins and minerals as well as fiber.

RECIPE NAME:

DRY CHICKEN CURRY

ORIGIN:

THAILAND

Serving size:

3 oz.

Yield:

6 servings

INGREDIENTS:

- 2 Chicken thighs and 1 whole chicken breast, sliced
- 1/2 cup Roasted peanuts, crudely powdered
- 1 cup Coconut cream (see healthful hint)
- 1/4 cup Curry paste
- 2 tbs. Palm sugar
- 2 tbs. Fish sauce
- 2 Fresh basil leaves

PROCEDURE:

1. Put the chicken in a saucepan over a medium heat.
2. Pour in the coconut cream. Heat it to boil. Turn the heat down.
3. Simmer on a low heat until the chicken is almost tender.
4. Remove the chicken but leave the coconut cream on a low heat.
Stir from time to time.
5. Blend the curry paste into the boiling coconut cream over a low heat until the liquid has reduced by half.
6. Return the chicken to the saucepan, then add peanut, sugar and fish sauce.
7. Stir well until most of the liquid has been absorbed, then transfer to a serving plate and garnish it with fresh basil leaves. Makes 4 to 5 servings.

NUTRITIONAL INFORMATION PER SERVING:

CALORIES	303
FAT	18 gm.
CHOLESTEROL.....	70.6 mg.
SODIUM.....	567

EACH SERVING MAY BE EXCHANGED FOR:

3 Meat exchanges

1 Fat exchange

HEALTHFUL HINTS:

1. Use of chicken breast (without skin) is recommended over "dark" meat of chicken (leg and thigh).
2. Sugar substitute can be used in place of regular sugar for diabetics.
3. Coconut cream is a high source of fat and calories, eliminating it altogether will lose the "desired flavor", it is recommended to use 1/2 portion and dilute with low fat milk. This will reduce fat content.

RECIPE NAME:	GRILLED LEMON GRASS CHICKEN
ORIGIN:	VIETNAM

Serving size: Yield:
6 oz. 4 servings

INGREDIENTS:

2 Stalks mined lemongrass, bottom 6 inches	1/8 tsp. Ground cinnamon
1/2 tsp. Ground coriander	1/3 tsp. White pepper
2 tbs. Soy sauce	1 tbs. Fish sauce
1 tsp. Brown sugar	1 1/2 tbs. Oil
6 whole Chicken legs	

PROCEDURE:

1. Pound or process lemon grass to a coarse mixture.
2. Add cinnamon, coriander, white pepper, soy sauce, fish sauce, brown sugar and oil. Mix well.
3. Place chicken in shallow dish. Add marinade and mix well. Let chicken marinate in the refrigerator at least 3 to 4 hours, turning occasionally.
4. Remove chicken from the refrigerator 15 minutes before cooking.
5. Grill over a medium hot fire, turning until cooked.
6. Baste occasionally with marinade during cooking.
7. Serve with Nuoc Cham and veggies.

NUTRITIONAL INFORMATION PER SERVING:

CALORIES 164
FAT 2.6 mg.
CHOLESTEROL..... 68 mg.
SODIUM 265 mg.

EACH SERVING MAY BE EXCHANGED FOR:

3 Meat exchanges

HEALTHFUL HINTS:

1. Use "lite" or "low sodium" soy sauce to reduce sodium content.
2. Remove skin of chicken to reduce fat content.

RECIPE NAME:

GINGERED CHICKEN

ORIGIN:

VIETNAM

Serving size:

3 oz.

Yield:

8 servings

INGREDIENTS:

4 Chicken thighs, boned

2 tbs. Chopped onion

Salt

3 tbs. Brown sugar

4 green onions, cut into 2' long pieces

2 to 3 tsp. black pepper

1/2 tsp. Salt or 1/2 tbs. fish sauce

2 tbs. Shredded fresh ginger

2 Stalks lemongrass, bottom
6", minced

2 Garlic cloves, chopped

2 tbsp. oil

PROCEDURE:

1. In a bowl combine chicken, ginger, onion, lemon grass and fish sauce.
2. Let marinate 30 minutes.
3. Heat oil in pan over high heat.
4. Add garlic and fry 10 seconds.
5. Add the chicken mixture and stir-fry until golden.
6. Add brown sugar. Stir to caramelize. Add 1 cup water. Bring to a boil, reduce heat and simmer, covered 10 minutes.
7. Add green onions and black pepper. Continue to cook another 5 to 10 minutes, serve with rice.

Advance preparation: The flavors of the dish improve if it is cooked one day ahead and repeated. Preheat just before serving, adding the green onions and black pepper at this time.

NUTRITIONAL INFORMATION PER SERVING:

CALORIES	218
FAT	8.5 gm.
CHOLESTEROL	68 mg.
SODIUM	1,760 mg.

RECIPE NAME:	SINIGANG NA BABOY
DESCRIPTION:	STEWED PORK
ORIGIN:	PHILIPPINES

Serving size:	Yield:
5 oz.	5 servings

INGREDIENTS:

1 1/2 lb.	Pork loin cubes, lean
1 cup	Sliced red tomatoes
4 cups	Rice washings or tap water
1 cup	Green beans or yard long beans ("Sitaw")
1 cup	Okra
1 cup	Kangkong leaves and stems
1/4 cup	Lemon juice

PROCEDURE:

1. Stew port cubes in rice water, lemon juice and salt.
2. When meat is tender, add vegetables (beans first, then okra and green leaves).
3. Cook for 15 minutes with occasional stirring.
4. Serve with patties or fish sauce, if desired.

NUTRITIONAL INFORMATION PER SERVING:

CALORIES	208
FAT	11.1 mg.
CHOLESTEROL	72 mg.
SODIUM	67 mg.

EACH SERVING MAY BE EXCHANGED FOR:

2 Meat exchanges	1 Vegetable exchange
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HEALTHFUL HINTS:

1. The use of lemon juice in place of the traditional "Tamarind soup base" reduced the sodium.
2. Trim all visible fat from the pork and use only lean portions.
3. "Sinigang" using chicken breast in place of pork is variation of the recipe and can be lesser in calories and fat content.

RECIPE NAME:	BAMBOO SHOOT SALAD
DESCRIPTION:	SALAD WITH COOKED BAMBOO SHOOTS
ORIGIN:	LAOS

Serving size:	Yield:
3 oz.	6 servings

INGREDIENTS:

2 lb.	Cooked bamboo shoot	1 cup Chopped green onion
2 cans	Yanang squash (24 oz.)	1 cup rice gravy (starch)
1/2 lb.	Ground pork (optional)	

PROCEDURE:

1. Shred cooked bamboo shoots into thin pieces.
2. Bring ground pork, Yanang squash and rice gravy to boil.
3. Add fish sauce or salt to your taste.
4. Add green onion and mint leaves on top.
5. Serve with rice.

NUTRITIONAL INFORMATION PER SERVING:

CALORIES	99
FAT	1 gm.
CHOLESTEROL	1 mg.
SODIUM	4 mg.

EACH SERVING MAY BE EXCHANGED FOR:

1 Starch exchange	1 Vegetable exchange
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HEALTHFUL HINTS:

1. This is a good source of vitamin A.
2. This is a low calorie dish.

